



THE MONTH THAT WAS...

It's track season baby! Scholastic competition is finishing up, and the pro's are just getting under way. Just this last weekend of May alone we have NCAA DI Regionals, NCAA DII and DIII Nationals, NAIA Nationals, HS State and State-qualifying action across the nation, plus Rome Diamond League meet and Götsis multis! So get ready for another jam-packed edition of The Month That Was!

NOTE: Whoops, I bit off more than I could chew. I'm in the process of moving (within Sonoma County, don't worry!) so didn't have time to really cover this month as well as it deserves...

Big West Conference Champoinships

I realize there were many "bigger" Conference Champs to recap, but I'm picking the Big West. Trust me on this one. Or don't. Whatever, I'm doing it anyways.

First event on the track: women's 3,000m steeplechase. A grueling give-or-take 7.5 laps (it varies depending on water pit location), in which racers must clear 4 barriers and 1 water jump per lap. It needs be stressed that these are barriers, not hurdles. Hurdles fall when you hit them. Barriers? They don't move. While sometimes called the most painful event in athletics, this didn't phase Cal Poly's **Leanne Fogg** one bit.

Name sound familiar? It should. Fogg, a 2007 graduate of Maria Carrillo HS, has been all over the local scene. A NBL XC Champ, 20th fastest ever on Spring Lake, 14th fastest ever over 3,200m, and 10th at 1,600m, it's no shock that Leanne has become a force to be reckoned with in collegiate track.

Though it's worth noting that her debut steeplechase, a 2,000m co-ed race in January '04 (I'm not THAT good on stats, I was just in the race too!) was anything but stellar. Despite her dad, **Greg Fogg**, himself a sub-9 steeper, and **Jenny Aldridge**, ex-National High School Record-holder for the steeple, showing the basics, Fogg came away all dinged up, not thinking about steeple for a long while.

But Fogg is a now steeper. Despite coming into the season barely under 11 minutes, the season has been a string of PR after PR after PR. After making a big jump at the Mt. SAC relays, finishing a tick over 10:30, she propelled herself onto the national lime-light with a 2nd place finish at Stanford, clocking 10:17.24, less than a quarter-second on the USA B-Standard.

So, coming into the Big West Champs, it was all Fogg. And the result was as expected: easy Conference Championship for the (redshirt-) junior from Santa Rosa.

But that wasn't all for the Maria Carrillo High School class of 2007. The last event of the day, the men's 10,000m, also saw some local flavor from UC Davis's **Calvin Thigpen**. Like Fogg, he too had a solid prep career, also earning an NBL XC title and making the 3,200m (20th) and Spring Lake (15th) lists, though hadn't yet made any huge splashes on the college T&F scene. (He had, though, captured Bronze at Big West XC.)

But accolades and PR's mean diddly when you're on the track. Going with a pack that included runners with PR's nearly a minute better; Calvin hung tough through 25 grueling laps, coming down the home-straight in a

The Empire Runner

three-man sprint for the title. Only 0.35 seconds separated the three medalists, but it was the senior from Santa Rosa who took home the gold.



While these were my highlights from the meet/conference championship weekend, the big event of the Big West Champs by most accounts would have to be the men's 800m. Headlining the field was UC Irvine's **Charles Jock**. Earlier in the season he clocked a scintillating 1:45.19, which led the USA (overall, not just college) as well as placing him 4th in the world. Surely, he was the overwhelming favorite?

Maybe, maybe not. There was also **Ryan Martin** out of UC Santa Barbara. Martin edged Jock by two-hundredths of a second at the 2009 Championships, though Jock took the crown in the 2010 Champs. Most importantly, though Martin has a badass mountain man beard. Badass.



Most high-level 800m's go out painfully fast, and this was no exception. The pack came through 400m around 53 seconds – but Jock and Martin weren't there! Nope, they were about 3 seconds head of the pack... From the gun this was a two-man battle, and it came all the way down to the line, with Martin just edging Jock 1:45.34 to 1:45.40. They are also 1-2 in the NCAA right now, though Jock's on top there with his 1:45.19 PR.

NCAA Division 1 Regionals

Quick highlights: NCAA XC silver medalist **Stephen Sambu** of Arizona did not qualify for nationals! But teammate **Abdi Hassan** destroyed the field in the West 1,500m, celebrating across the line. Oregon Duck **Jordan Hasay** double-qualifier in 1,500m and 5,000m easily. Men's 5,000m from the west: Heat one takes 13:4X to qualify, but heat two takes 13:3X!

Rome Diamond League

Usain Bolt over **Asafa Powell** at the line! Powell gets out well, decent lead at 50m, Bolt starts closing around 60m, Powell still in first at 90m, and Bolt's superior top-end speed gets him at the line.

Gotsis

World Decathlon Champ **Trey Hardee** absolutely crushes competition, scores 8,689 to show world that he's ready to repeat in Daegu.

For full results of all the college meets I mentioned but didn't get around to writing about, check out ustfccca.org. For more fun recaps check out Letsrun.com and TrackandFieldNews.com